

CLAIMS

1. A method of controlling a portable interactive device for providing instructions for personal physical fitness training, comprising the acts of:

allowing a user to select from a plurality of activity programs consisting of one or more workouts;

allowing a user to select from a plurality of workouts;

allowing the user to select from a plurality of exercises within each workout; and

providing to the user a set of instructions based on the user selection, wherein said set of instructions comprises at least one of text, audio or visual data.

2. The method of controlling a portable interactive device as in claim 1, wherein the visual data includes a text message and an audio message of instructions.

3. The method of controlling a portable interactive device as in claim 2, wherein the visual data includes a video image.

4. The method of controlling a portable interactive device as in claim 3, wherein the visual data includes a video clip of the selected exercise being performed.

5. The method of controlling a portable interactive device as in claim 4, wherein the audio data comprises audio instructions for performing the user selected exercise.

6. The method of controlling a portable interactive device as in claim 5, wherein the video data and audio data are simultaneously played.

7. The method of controlling a portable interactive device as in claim 6, wherein the text message of instructions for performing the user selected exercise include a number of repetitions.

8. The method of controlling a portable interactive device as in claim 7, wherein the text message of instructions for performing the user selected exercise includes a time duration of the user selected exercise.

9. The method of controlling a portable interactive device as in claim 8, wherein the text message of instructions for performing the user selected exercise includes personalized information.

10. A portable interactive device for providing instructions to a user for personal physical fitness training comprising:

a memory for storing instructions and statistical data relating to exercises;

a user interface for allowing the user to select from a plurality of programs, workouts and allowing the user to select from a plurality of exercises within each workout; and

a display for providing to the user a set of instructions based on the user selections, wherein each of the sets of instructions comprises at least one of audio and visual data.

11. The portable interactive device as in claim 10, wherein the visual data includes a text message of instructions.

12. The portable interactive device as in claim 11, wherein the visual data includes a video image.

13. The portable interactive device as in claim 12, wherein the visual data includes a video clip of the selected exercise being performed.

14. The portable interactive device as in claim 13, further comprising an audio interface wherein the audio interface plays the audio data that is comprised of audio instructions for performing the user selected exercise.

15. The portable interactive device as in claim 14, wherein the video data and audio data are simultaneously played.

16. The portable interactive device as in claim 15, wherein the text message of instructions for performing the user selected exercise include a number of sets and repetitions.

17. The portable interactive device as in claim 16, wherein the text message of instructions for performing the user selected exercise includes a time duration of the user selected exercise.

18. The portable interactive device as in claim 17, wherein the user interface allows the user to enter information.

19. The portable interactive device as in claim 15, wherein an external computer may be connected to the portable interactive device.

20. A portable interactive device for providing to a user a set of instructions relating to an activity comprising:

a housing;

a processor;

a memory for storing a set of instructions relating to a plurality of activities;

a user interface for allowing the user to select from a plurality of activities; and

a display for providing to the user a set of instructions based on the user selected activity.

21. A portable interactive device for selecting and monitoring physical fitness data for a user, the device comprising:

a housing configured to be carried by the user;

a display for displaying information to the user;

a memory for storing data relating to programs, workouts, exercises and user inputted data;

an interface operable by the user to select and input data; and

a processor in communication with the display, the interface, and the memory operable to control the display and to control the storage and retrieval of data from the memory.

22. The device according to claim 21, wherein the user selects one program from a plurality of stored programs.

23. The device according to claim 22, wherein a user selects one workout from a plurality of workouts within the selected program.

24. The device according to claim 23, wherein the user selects one exercise from a plurality of exercises within the selected workout.

25. The device according to claim 24, wherein the user may select instructions relating to performing the selected exercise.

26. The device according to claim 23, wherein the user may select a plan relating to a number of repetitions to perform of the selected exercise.

27. The device according to claim 26, wherein the user may input the actual number of repetitions performed.

28. The device according to claim 21, wherein a heart-rate monitor is attached to the device to monitor the body of the user.

29. The device according to claim 21, wherein an audio output connection is provided.

30. The device according to claim 27, wherein the user input number of repetitions is stored in the memory.

31. The device according to claim 21, wherein the device is connected to an external computer.

32. The device according to claim 21, wherein the device is connected to an Internet website.

33. The device according to claim 32, wherein the user interacts with the Internet website.

34. The device according to claim 21, wherein the programs, workouts and exercises are shown on the display.

35. The device according to claim 34, wherein the user is given feedback on the display.

36. A method of controlling a portable interactive device for monitoring the personal physical fitness training of a user comprising the acts of:

allowing the user to program and select from a plurality of workouts;

allowing the user to program and select from a plurality of exercises within each workout;

allowing the user to input personal statistics regarding the selected exercise; and

providing feedback to the user regarding the input personal statistics.

37. The method of controlling a portable interactive device as in claim 36, further comprising the act of displaying the user programmed workouts.

38. The method of controlling a portable interactive device as in claim 37, further comprising the act of displaying the user programmed exercises.

39. The method of controlling a portable interactive device as in claim 38, wherein the user inputted personal statistics are stored in memory.

40. The method of controlling a portable interactive device as in claim 39, wherein the user inputted personal statistics are used to calculate progress and analysis of the progress of the user.

41. The method of controlling a portable interactive device as in claim 36, further comprising the act of storing data transmitted from external devices monitoring (e.g., HR) the body of the user.

43. The method of controlling a portable interactive device as in claim 36, further comprising the act of displaying visual data relating to the selected exercise.

44. The method of controlling a portable interactive device as in claim 43, wherein the visual data includes a text message of instructions for performing the user selected exercise.

45. The method of controlling a portable interactive device as in claim 43, wherein the visual data includes a video clip of the selected exercise being performed.

46. The method of controlling a portable interactive device as in claim 36, further comprising the act of allowing the user to connect to a internet website.

47. The method of controlling a portable interactive device as in claim 46, wherein the user interacts with the internet website.

48. A system for monitoring and tracking physical fitness activities for a user comprising:

a programmable portable interactive device having a memory, a processor, an interface and a display; and

a computing device having a display and an interface to communicate with the programmable portable interactive device, wherein the computing device is operable to receive and store user inputted data from the programmable portable interactive device.

49. A method for monitoring and tracking physical fitness activities for a user comprising:

inputting personal statistics regarding physical fitness activities into a programmable portable interactive device having a memory, a processor, an interface and a display; and

connecting a programmable portable interactive device to a computing device, wherein the computing device is operable to receive and store user inputted data from the programmable portable interactive device.

50. A method of exercising comprising:

- displaying to a user an exercise program;
- inputting personal statistics regarding the user's actual exercises;
- tracking and storing the user's personal statistics; and
- displaying feedback and motivational information to the user in response to the personal statistics.

51. A portable interactive device for selecting and tracking physical fitness data for a user, the device comprising:

a display for displaying information to the user;

a memory for storing data relating to programs, workouts, exercises, instructions and user inputted data;

a user interface operable by the user to select and input data;

a communications interface that allows the portable interactive device to communicate with an external computer; and

a processor in communication with the display, the interface, and the memory operable to control the display and to control the storage and retrieval of data from the memory, wherein the processor controls the portable interactive device to provide instructional and motivational information to the user.

52. The device according to claim 51, wherein the user selects one program from a plurality of stored programs.

53. The device according to claim 52, wherein a user selects one workout from a plurality of workouts within the selected program.

54. The device according to claim 53, wherein the user selects one exercise from a plurality of exercises within the selected workout.

55. The device according to claim 54, wherein the user may select instructions relating to performing the selected exercise.